



it all starts with a smile...

**Tips for Patients who have Composite Resin Bonding.**

- 1) Do not chew ice.
- 2) Brush normally. Plaque must be removed daily! Ask your dentist about anti plaque mouthwashes and toothpastes.
- 3) Floss teeth at least once daily, but pull floss out horizontally, not vertically.
- 4) Take multi-vitamins daily for one month before and after treatment if gum is inflamed.
- 5) Have your teeth cleaned at least three or four times yearly! **Be certain that the hygienist is aware of your bonded tooth or teeth and avoids using the ultra sonic scaling or air abrasive n the bonded tooth surfaces.**
- 6) Make sure you are not grinding your teeth at night. If you are, have your dentist construct a bite guard to avoid fracturing the bonding and to minimize damage to your bonded teeth as well as to your Temporomandibular joint (TMJ)
- 7) Don't bite your fingernails the force can crack bonding.
- 8) Do not pick at a newly bonded tooth with your fingernail. You could pull open a small over extension and shorten the life of the material. If you feel a rough edge with your tongue, return to your dentist to have the edge properly refinished.
- 9) Don't try your new teeth out to soon. Sometimes biting on the other side isn't wise either. Go on a soft diet for the first twenty-four hours. If your bite is not perfect, return to your dentist to have it adjusted. Never try getting used to a new bite! The bite you are used to is usually correct.
- 10) To prevent staining, try to avoid, or keep to a minimum, coffee, tea, soy sauce, colas, grape juices, blueberries and fresh cherries. And do not smoke.
- 11) To prevent fracture, avoid directly biting, with front bonded teeth into the following foods: ribs, bones (fried chicken, lamb chops etc) hard sweets, apples, carrots, nuts, hard rolls, hard bread. Also try to avoid mints or sugar, because acids produced by sugar can attack the junction tooth and restoration and cause stains and premature loss of the bonded restoration.